DOCUMENT RESUME

ED 343 066 CG 024 082

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TITLE Measuring Perceptions of Romantic Love from Three

Theoretical Perspectives: Implications for

Counseling.

PUB DATE 28 Mar 92

NOTE 27p.; Paper presented at the Annual Convention of the

American Association for Counseling and Development

(Bal imore, ND, March 27-30, 1992).

PUB TYPE Reports - Research/Technical (143) --

Speeches/Conference Papers (150)

EDR. PRICE MF01/PC02 Plus Postage.

DESCRIPTORS Attitudes; *Client Characteristics (Human Services);

College Students; *Counseling; Higher Education; *Interpersonal Competence; *Love; Models; Theories

IDENTIFIERS *Client Attitudes; *Romantic Relationship

ABSTRACT

Love is an issue raised with some frequency by counseling clients. Research investigating the nature of love may be useful in providing a framework that counselors can use to conceptualize the signs and symptoms of clients who present with relationship issues when seeking help. This study was conducted to examine the nature of love as measured by three instruments, one deductively grounded instrument by Hendrick and Hendrick and two inductively grounded instruments, the Love Relationships Scale and the Triangular Love Scale. Findings from 69 students revealed the dominant operation of obsessive thought as an important aspect of love as reflected in the isolation of factors named Obsessive Thought, Idealization, and Mania. Findings suggest that a "Thomsonian" or "G"-factor conceptual framework, in which one dimension (apparently involving obsessive thought) dominates meaning, appears to be necessary as a model of romantic love. Other dimensions appeared to delineate nuances about this dominant dimension. (NB)

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MEASURING PERCEPTIONS OF ROMANTIC LOVE FROM THREE THEORETICAL PERSPECTIVES: IMPLICATIONS FOR COUNSELING

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Paper presented at the annual meeting of the American Association for Counseling and Development, Baltimore, MD, March 28, 1992.



ABSTRACT

Love is an issue raised with some frequency by counseling clients. The present study investigated the nature of love measured by three instruments. Of course, no one study is sufficient to define abstract constructs. But studies that investigate the nature of love are useful in provicing a framework that counselors can use to conceptualize the signs and symptoms of clients who present relationship issues when seeking help. The results in the present study suggest that a "Thomsonian" or "G"-factor conceptual framework appears to be necessary as a model of romantic love.



Behavioral scientists have traditionally eschewed scholarly inquiry regarding love phenomena. As Wrightsman and Deaux (1981, p. 170) observed, researchers have historically "believed that love is too mysterious and too intangible for scientific study." Initial investigations of love phenomena conducted during the 1940s were "followed by nearly a 20-year period in which there is almost no published evidence of efforts to investigate love phenomena using inventories or paper-and-pencil testing" (Elkins & Smith, 1979, p. 10). For example, Curtin (1973) found that love was not mentioned in the 23 volumes of the Annual Review of Psychology that he surveyed. However, as C. Hendrick and S. Hendrick (1986, p. 392) noted, "During the past decade, love has become respectable as an area for study by psychologists." Work by Rubin (1984), by Sternberg and Grajek (1984), and by Tennov (1979) illustrates efforts to develop science in the area of love phenomena.

One important series of studies has been deductively grounded (Borrello & Thompson, 1990a, 1990b; C. Hendrick & S. Hendrick, 1986, in press; C. Hendrick, S. Hendrick, Foote & Slapion-Foote, 1984; S. Hendrick & C. Hendrick, 1987; Thompson & Borrello, 1992) in Lee's (1973/1976) typology of love, i.e., specific measurement items have been derived from a general theory. This particular general theory posits three primary love styles: (a) eros, which is romantic or passionate love, (b) ludus, which is game playing love, and (c) storge, which is friendship love. Lee suggested that three secondary styles are formed as compounds of the primary styles, but still have their own unique properties and characters: (d) mania,



which is a compound of ludus and eros, (e) pragma, which is a compound of storge and ludus, and (f) agape, which is a compound of eros and storge. In at least three major studies with discrete and large cohorts of subjects Hendrick and Hendrick have consistently found that their measure yields a six-dimensional orthogonal structure corresponding to the elements of Lee's (1973/1976) typology.

Two other series of studies of love has been primarily inductive (Thompson & Borrello, 1990), i.e., measurement items have been elaborated based on integrating specific insights and then attempting to delineate theory. One series of studies in this genre has utilized the <u>Love Relationships Scale</u> (Borrello & Thompson, 1987, 1989a, 1989b; Thompson & Borrello, 1987a, 1987b). A second series of studies has employed the <u>Triangular Love Scale</u> (Sternberg, 1988, pp. 99-100; Sternberg & Grajek, 1984).

The present study was conducted to explore relationships among scores on these three measures. Specifically, two questions were addressed? First, what dimensions underlie the response patterns on the three measures? Second, in what ways are factor scores on the measures related with each other?

Method

Subjects

Subjects in the study were 69 students enrolled in various classes. The mean age was 22.80 (SD=7.57). There were more females (62.3%) than males in the study. Most of the subjects were nonminority students (84.1%), though 4 subjects were African-



American (5.8%), 4 were hispanic (5.8%), and 3 were members of other minority groups (4.3%).

Results

Factor analytic studies of measurement integrity are important, as Nunnally (1978, pp. 111-112) notes:

construct validity has been spoken of as "trait validity" and "factorial validity".... Factor analysis is intimately involved with questions of validity... Factor analysis is at the heart of the measurement of psychological constructs.

Gorsuch (1983, pp. 350-351, emphasis added) has concurred in noting that "a prime use of factor analysis has been in the development of both the theoretical constructs for an area and the operational representatives for the theoretical constructs." Similarly, C. Hendrick and S. Hendrick (1986, p. 393) stated that "theory building and construct measurement are joint bootstrap operations." Factor analysis at once both tests measurement integrity and sheds light on underlying theory.

Factor analysis was employed to address the study's first research question. Figure 1 presents the "scree" plot of the eigenvalues associated with data from the Thompson-Borrello Love Relationships Scale prior to rotation (Thompson, 1989). Table 1 presents the related five principal components after rotation to the various criterion.

INSERT FIGURE 1 AND TABLE 1 ABOUT HERE.



Figure 2 presents the "scree" plot of the eigenvalues associated with data from Sternberg's <u>Triangular Love Scale</u> prior to rotation. Table 2 presents the related five principal components after rotation to the varimax criterion.

INSERT FIGURE 2 AND TABLE 2 ABOUT HERE.

Figure 3 presents the "scree" plot of the eigenvalues associated with data from the Hendrick-Hendrick measure prior to rotation. Table 3 presents the principal components after rotation to the varimax criterion.

INSERT FIGURE 3 AND TABLE 3 ABOUT HERE.

Least-squares factor scores were then computed on each factor for each subject. To address the study's second research question, canonical function analyses of the relationships among the factor scores were then conducted (Thompson, 1991). These analyses are reported in Table 4.

INSERT TABLE 4 ABOUT HERE.

Discussion

Some generalizations can be formulated from results in the present study, notwithstanding the inherent limits of sample size and type, because the results continue to replicate findings reported in various previous studies (e.g., Borrello & Thompson, 1987, 1989a, 1989b). Once again the dominant operation of obsessive thought as an important aspect of love is reflected in the



isolation of factors named "Obsessive Thought", "Idealization", and "Mania", in separate factor analyses reported in Tables 1 through 3, respectively. The related nature of these constructs is evidenced in canonical functions I (Rc2=37%), I (Rc2=66%), and II (Rc2=50%), reported in Table 4; these constructs tended to load together on one function across the three sets of analyses reported in Table 4.

The results reinforce previous findings suggesting that love is a "G"-factor phenomenon (e.g., Sternberg & Grajek, 1984) in which one dimension (apparently involving obsessive thought) dominates meaning. However, other dimensions delineate nuances about this dominant dimension.

Of course, no one study is sufficient to define abstract constructs. But studies that investigate the nature of love are useful in providing a framework that counselors can use to conceptualize the signs and symptoms of clients who present relationship issues when seeking help. As Sternberg and Grajek (1984) have suggested, a "Thomsonian" or "G"-factor conceptual framework appears to be necessary as a model of romantic love.



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Table 1
Varimax Rotated Principal Components for Love Relationships Scale Data $(\underline{n} = 69)$

No.	I	II	III	IV	v	Item Core					
"Obs	"Obsessive Thought"										
V17	.74986	. 18375	-00874	.15174	.04836	'Love a consuming inability to think about that not the one'					
V43	.72210	.16679	.21404	.03301	.02359	'Love involves making everything remind of your loved one'					
V42	.70560	.04833	.29070	.15758	.04256	'Being in love means thinking almost constantly of loved one'					
V26		01599		.01391		'Nothing makes people feel more alive than being in love'					
V30	.59521	.00406		.08579		'Love makes think constantly about the person who is loved'					
V4	.59374		10944	.25825	.02722	'Love is want be able to think of other things but to do so'					
V46	.58716	.45939	.20670	. 18883		'People in love daydream only about the exchange of commit'					
V3			06174	.36348	.29144	'Love is feel that person that is loved always there for you'					
V19	-58043	. 24482		00749	.01107	'The center of world always must be the person who is loved'					
V53	.55309			.15278		'Love makes unable concentrate on anything but the love'					
V20	.52210			04828		'Love makes everything loved person does seem favorable good'					
V5		24665		.18203		'When really in love, everything reminds of person you love'					
V1	.46365	.29562		09422		'Sex always makes a person feel in love with the lover'					
V52	.46201		.20867	.30654	.07045	'The truest form of love is all-consuming and total'					
V9	.34452			.22414		'The feelings of true love are always permanent'					
V41		18091		. 32444		'Being in love being able to say anything to the loved one'					
"Exc	iting Un	certain	ty"								
V54	.15001	.63591	13462	.04032	05452	'True love make people used to feel very attractive worry'					
V32	.22726	.60911	.03100	05879	32531	'Feeling my loved one inattentive make feel love even more'					
V 36	20161	.58198	.07126	24675	.15516	'The possibility of sex is essential to truly being in love'					
V51	.10327	. 56876	. 24649	.24962	33450	'uncertainty about how loved one feels make even stronger'					
V 35	.17384	.56477	.38092	.15287	.15484	'Love blinds one to truth about the person who is loved'					
V48	.07843	. 55999	.12652	.16044	32313	'Sometimes slight rejections give rise to greater feelings'					
V21	. 26767	.53613	13550	18064	10182	'Love is looks and physical appearance more than touches'					
V55	.22661	. 49712	09851	.14348	.07768	'Fear of rejection what makes love both painful and exciting'					
V10	.14495	. 49241	11722	15595	16925	'Love is basically physical or sexual'					
V47	.16710	.45974	.04706	.42192	12835	'Feeling in love usually makes people both happy and sad'					
V40	.11931	. 43929	.26945	04320	.29758	'People who are truly in love see visions more than reality'					
V45	. 36565	40222	.26415	.16701	.00723	'More than sex, emotional commitment is the obsession'					
V44	06169	.40162	.03022	.23212	00041	'I have experienced "love at first sight."'					
V29	. 37585	.39011	.16706	.29°56	.17743	'Being in love means wanting desperately loved in return'					
	e Affect			_							
V34	.33127	.14154		21425 ·		'Being in love makes everything else seem less significant'					
V23		06833	.61953	.42579		'Being in love makes people feel totally alive'					
V33	.25877	04331	.60401	.00486	.10236	'Love makes see meanings in actions even actions have no'					



```
V49
     .12703 -.09379
                     .52553
                             .01445 .08044
                                              'Being in love makes people esp value things in selves'
V22 .14501 -.15413
                     .44903
                             .43118 -.15291
                                              'Time moves faster when you are in love'
V37
     .02522
            . 15445
                     .44189
                             .05796 -.01879
                                              'Lovers usually pick physical or personality features like'
V38 .14204 -.14972
                     .43640
                             .08036 .28706
                                              'Love not blind, but it can make one forgive'
V50 .24148
            . 23504
                     .42940
                             .24222 .13178
                                              'Being in love is feeling "not in control" not afraid'
V25 -.28822
            .06001
                     .40589
                                              'Some being in love are more all-consuming and controlling'
                             .13566 -.14623
"Love Mutability"
V39 .02543 .08639
                     .02992
                             .62758
                                    .19017
                                              'Most people are only in love a few times in their lives'
V18 .33660 -.07830
                     .16302
                                              'Love is uncontrollable'
                             .58595 -.00474
V24 -.14077
            .06840
                    .03521 -.57296 -.12455
                                              'The feelings of being "in love" cannot last forever'
     .01221
             .00645 -.19669 -.51471
V8
                                    .24413
                                              'Love is an act of will or a decision more than a feeling'
V13
    .01511
            .22444 -.21036
                            .45128
                                     .13330
                                              'Most people, usually find in love with never expected'
V28 .20432 -.07417
                             .45449
                    .39677
                                     .06407
                                              'Love makes people see beauty even in things'
V16 .37101 -.00207
                    .09892
                            . 39598
                                     .13373
                                              "Love at first sight" is real'
            .13171
    .02623
                    .11976
V11
                            .20388
                                     .01095
                                              'Love does not make sense, it just exists or doesn't exist'
V27
    .14597 .08678 .10059 .15939
                                     .01330
                                              'Love makes you feel afraid and even physically weak'
"Committed Love"
V7 -.14661 .05999
                     .02202
                             .06302
                                     .70575
                                              'Feeling love is easy, making love succeed is very hard work'
V14 .02822
            .04353 -.13307
                                     .69153
                            .36078
                                              'Faithfulness is essential to a love relationship'
V15 .09959 ~.39585
                    .21391 -.03865
                                     .61318
                                              'Genuine love involves solid, deep affection'
     .42189 -.07802 -.11121 -.10231
                                     .49034
                                              'Love is firm commitment to making a relationship endure'
V31 -.18330 -.10405 .46068 .30661
                                     .47847
                                              'Every love is unique'
     .02709 -.37259
                    .11926 .12729
                                     .43336
                                              'Love creates memories that can be "replayed" over again'
V12 -.38362 -.00097 .03967 -.29465
                                     .39621
                                              'True love requires serious effort to be considerate'
```



Table 2
Varimax Rotated Principal Components for Sternberg Items $(\underline{n} = 69)$

No.	I	II	III	IV	V	Item Core	
"Comfort"							
811	.77964	.37195	.06664	.16119	.25946	'I have a comfortable relationship with'	
S13	.75700	.08410			.32755	'I feel that really understands me'	
S8	.74198	.06206	.22226		. 39064	'I communicate well with '	
S3	.73791			.33165		'I am able to count onin times of need'	
82	.73697	.38713			.01388	'I have a warm relationship with'	
S10	.73265	.17152	.13424		.44638	'I feel close to	
S 6	.71372		.36137			'I receive considerable emotional support from '	
S12	.69327		.71633			'I feel that I really understand '	
S32	. 59295		.06004			'I am committed to maintaining my relationship with'	
S14	.58829			. 34989		'I feel that I can trust '	
\$42	.57803	.55916		.27031		'I view my relationship with as a good decision'	
S1	.56437		01173			'I view my relationship with as a good decision' 'I am actively supportive ofs well-being'	
			.16607			'I share deeply personal information about myself with	
			.09879			'I plan to continue in my relationship with	
518				21299		'My relationship with is very romantic'	
	mitment"						
			.14271		.10308	'I have confidence in the stability of my relationship with'	
	.33756				.20276	'I view my commitment toas a solid one'	
	-14470			00449		'I feel a sense of responsibility toward'	
841				.42538		'I view my relationship with as permanent'	
\$37				.05293		'I will always feel a strong responsibility for'	
	.22921				.07341	'I expect my love for to last for the rest of my life'	
	.33916			-40582		'I cannot imagine ending my relationship with'	
	.22975			.33257		'Because commit to, would not let other come between us'	
S35	.30675	.56158	. 43000	.36984	.12045	'I could not let anything get in the way of my commitment'	
"Ide	alizatio	n "					
	.24708		. 76456	.09259	.03481	'I idealize '	
	.28519		.71332		.32050	'There is something almost "magical" about my relations with'	
823	.15215		.66650		.08546	'There nothing more important to me than my relation with'	
	05489		.61459		.41743	'My relationship with is passionate'	
	08822		.61454		.31109	'I especially like physical contact with'	
	.11842		. 58634		.37638	'I adore '	
	.14693		.54789		.03923	'I cannot imagine life without '	
	. 34824	.38437	.53997	- 05745 - 05745	.20958		
522				.37289		'I not imagine another making me as happy as does' 'I would rather be with than with anyone else'	
311		. 3166/	. 31030	• 3 / 407	reraa.	r world recuer on arru rugu arru andous arse.	

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"Support"
     .39453
             .17925 .14284 .74116 .12028
                                                   is able to count on me in times of need'
845 .28052
             .43872
                    .17419 .68817
                                    .04009
                                              'Even when hard to deal with, remain committed'
S7
     .37374
             .21928
                     .15510 .64556
                                    .05636
                                             'I give considerable emotional support to '
85
     .49046
             .21101
                     .08526 .56917
                                    .43770
                                             'I am willing to share myself and my possessions with
                     .09979 .54908
     .54523
             .26012
                                             'I value greatly in my life'
'I am certain of my love for ____'
                                    .39071
840 .28307 .39892 .16877 .51245 .38097
"Romance"
S31 .20644
             . 28483
                     .01415 .29762
                                    .69455
                                             'I know that I care about
S17 .27673
            .22710
                    .27562 -.02084
                                    .69129
                                                                              frequently during the day'
                                             'I find myself thinking about
829 .21773
            .09009
                    .44677
                            .05098
                                    .66400
                                             'When see romantic movies and read romantic books I think of'
S16 .33045
             - 13635
                    .24827 .02711
                                    .64388
                                             'Just seeing excites me'
S30 - 01706
           .01346
                   .55112 .12376
                                    .63965
                                             'I fantisize about
$19 .24220 .05951 .22767 .29998
                                    -60275
                                             'I find to be very personally attractive'
```



Table 3
Varimax Rotated Principal Components for Hendrick-Hendrick Items
(N = 69)

No.	I	11	III	IV	V	VI	Item Core
"Eros"	,						
E0419	.77268	. 18495	12983	12892	.11878	10833	'I feel that my lover and I were meant for each other'
E0631	.72680	15984		20015			'My lover and I really understand each other'
B0210	.67991	.03164		09349			'My lover I have the right physical "chemistry" between us'
A3606	.67980	.08036	. 24895	00486	06475	12637	'I try to always help my lover through difficult times'
S1715	.65777	26073	.11666	20074	.01733	.25898	'I expect to always be friends with my lover.'
A4136	.64290	.24336	. 09404	18385	.03182		'When my lover gets angry, I still love unconditionally'
E0313	.52297	02319	17134	04602	.17564		'Our lovemaking is very intense and satisfying'
		12173		.41168	05665		'could get over love affair pretty easily and quickly.'
M2905	.50034	.21794		33603	05814	22685	'When things aren't right with my lover me, stomach upset'
A3709	.48100	.42318	11792	05187	13157	.14497	'I would rather suffer myself than let my lover suffer'
E0737	.44600	.34037	00267	.19393	.04701	36968	'My lover fits my ideal standards of physical beauty'
"Mania							
M3221	02394	.74383	.01848	08431	.16489	08873	'When my lover doesn't pay attention, feel sick all over'
M3541	09927	.71065	.07162	.07044	07073	01621	'my lover ignores me, I do stupid things get attention'
	04805	. 66899	.18036	16024	.12778	.09271	'Since been in love, had trouble concentrating'
A3818	.40360	.63783	06256	04648	.01407		'I cannot be happy less place lovers happiness fore my own'
	.41560	.63148		22624		.10184	'I would endure all things for the sake of my lover.'
	11265		00598		.25730	29301	'I cannot relax if I suspect lover is with someone else'
a3924	.16314		01672	.20498	.15678	.17045	'usually willing sacrifice own wishes let my lover achieve'
M3117	.37869			02970	.22531	05058	'Sometimes so excited about being in love cant sleep.'
M3012	.10198			27565			'If my lover I break up, would so depressed think suicide'
A4030	.33785	.39218	.14571	35614	05993	.35458	'Whatever I own is my lovers to use as he/she chooses'
"Storg	8 "						
S2139	.26362	.03316	.82802	11373	.06453	.18058	'love most satisfying cause from good friendship.'
	08142	.11267	. 79497	.00340	.05173		'Our friendship merged gradually into love over time'
S1820	.09677	.08158		09624	00301	.11085	'Our love best kind cause it grew out a long friendship.'
S2032		05165	.51379		23193	.16541	'Our love is really a deep friendship, not mysterious'
S1611	.36754	. 26366		08466			'To be genuine, our love first required caring for awhile.'
E 0525	.18143	.22601	42949	.04731	18837	.30152	'My lover and I became emotionally involved rather quickly'
"Ludus	**						
		.05083		.73873	.00246	.10924	'try keep lover a little uncertain about my commitment'
		18123		.63763	.09208	20782	'I believe what my lover doesn't know bout me wont hurt'
L1438		02124		.55703	.08912		'I enjoy playing "game of love" with my lover and other'
L1014	32431	.21939	05269	.51250	.06388		'I sometimes had keep lover from finding out bout others'
							•



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L1226 -.28437 .18551 -.04076 .49163 -.17701 -.23989 'My lover would get upset if knew some things I done'
$1503 -.03748 .40026 .22604 .42767 -.08271 .14045 'hard for me say when our friendship turned into love.'
L1334 -.12079 -.22939 .00047 .41772 .10206 -.08198 'When lover gets too dependent, I want back off a little'
"Pragma I"
P2735 .10264
              .05004 -.11488 .14134 .73066 -.02065 'consideration in choosing lover how reflect on my career.'
              .09436 .09761 .07764 .72658 .13211 'In choosing, believed best love one similar background.'
P2416 .03175
P2204
      .00823
              .18293
                      .00436 -.26049
                                      .66415 .16571 'I considered what my lover was going to become in life'
P2523 -.09697 -.19426 .25085 .24018 .52065 .22156 'A main consideration in choosing how reflect on my family'
              .13077 -.38010 -.09106 .46919 -.10819 'My lover I attracted to each other immediately after met'
E0101 .09868
P2308 -.03510 .18080 .16612 .23364 .33188 .21296 'I tried plan my life carefully before choosing a lover.'
"Pragma II"
P2840 -.00404
              .09014 .14461 .03525 .26159 .65261 'Before get involved, figure how compatible background'
              .09621 .16811 -.26664 .32312 .64917 'important factor in choosing whether he/she good parent.'
P2628 .00979
```



Table 4 Canonical Structure Coefficients and Canonical Correlation Coefficients from Analyses Across Three Sets of Instruments

Thompson-Borrello with Sternberg	ĭ	II	
"Obsessive Thought"	. 69		
"Exciting Uncertainty"	.00		
"Love Affect"	.57		
"Love Mutability"	.43		
"Committed Love"	.05		
Squared Canonical R	378		
"Comfort"	. 14		
"Commitment"	.09		
"Idealization"	.91		
"Support"	.24		
"Romance"	.28		
Thompson-Borrello with Hendrick-Hendrick	I	11	
"Obsessive Thought"	.75		
"Exciting Uncertainty"	.18		
"Love Affect"	.37	· · · · ·	
"Love Mutability"	.47		
"Committed Love"	.22		
Squared Canonical R	66%		
"Eros"	.30		
"Mania"	.92		
"Storge"	.22		
"Ludus"		. 62	
"Pragma I"	.01		
"Pragma II"	. 05		
Sternberg with Hendrick-Hendrick	I	II	III
"Comfort"		52	
"Commitment"	.44		
"Idealization"	.40		
"Support"	.46		81
"Romance"	.40	. 14	.34
Squared Canonical R	81%	50%	218
"Eros"	.88	05	03
"Mania"	.22	.86	.17
"Storge"	.22	23	.75
"Ludus"	31	.18	.57
"Pragma I"	08	. 40	22
"Pragma II"	.12	07	17



Figure 1 "Scree" Plot of Prerotation Eigenvalues for Love Relationships Scale Data

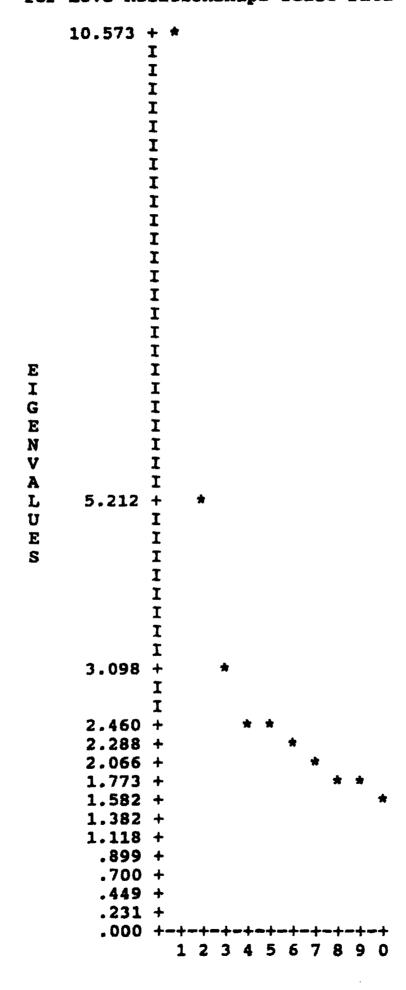




Figure 2 "Scree" Plot of Prerotation Eigenvalues for Sternberg Items

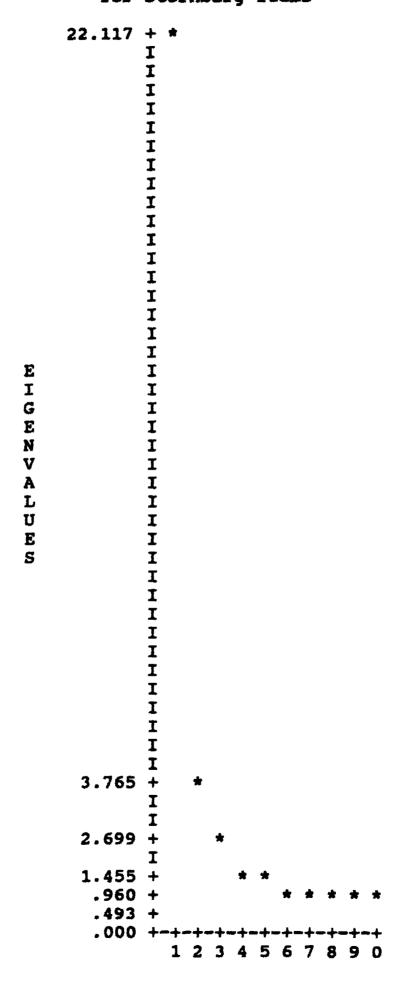




Figure 3 "Scree" Plot of Prerotation Eigenvalues for Hendrick-Hendrick Items

